

What is Mental Preparation?

It all starts with meaningful goals to provide purpose and direction

I have to develop and use performance routines to stay in control under pressure.



I have to learn to shift my concentration style to meet changing game needs

I have to stay positive in all situations and under all conditions

I have to achieve and sustain my Ideal Performance State for the whole competition

I have to build confidence by mentally rehearsing key skills and game situations

I have to have some type of game plan to help me stay focused.

I have to learn to control my arousal level so I can stay calm and perform my best under pressure.

I have to train myself to relax on command in order to think clearly and execute my skills under pressure.